

50+ HealthConnection

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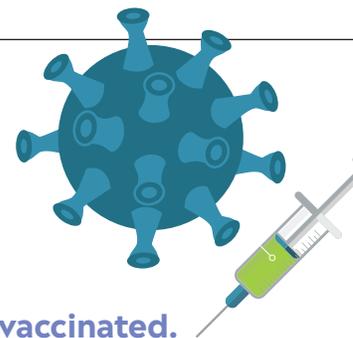
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Around the campus

Helpful resources

Breast Cancer Awareness Month.

Every October, we celebrate Breast Cancer Awareness Month by educating the public and sharing information that can save lives. On Wednesday, October 6, 2021, at 12:30 p.m., join Amy Polverini, MD, medical director of breast surgery at Huntington Hospital, and breast radiologist Lakshmi Tegulapalle, DO, for a tele-noon hour lecture about *Silent Breast Cancer: Understanding Your Risk and Detection Options*. Then, on Wednesday, October 13, 2021, join us as Ruth Williamson, MD, medical director of breast cancer services and radiation oncology at Huntington Hospital, and breast surgeon Jeannie Shen, MD, share information about *Breast Cancer Treatment Options*. See *Calendar of Events* for details.



Get vaccinated.

The COVID-19 vaccine is safe, effective, free and the best way to protect yourself and others. If you've not already done so, please get vaccinated now. As we face newly emerging strains such as the highly-contagious Delta variant, it's more important than ever to get your shot. Visit www.huntingtonhospital.org/vaccine or call Huntington Senior Care Network to learn more.

Exercise and aging.

Physical activity is an important part of healthy aging. On Wednesday, October 20, 2021, physical therapist Jordan Perry will talk about the health benefits of exercise for older adults and offer some helpful exercise tips during a free call-in telephone conference. Join us at 12:30 p.m. for *Impact of Exercise*. See *Calendar of Events* for details.



Staying healthy while caregiving.

Are you a family caregiver?

In November, as part of National Family Caregivers Month, Huntington Senior Care Network staff will host a tele-noon hour lecture to share information about how you can practice self-care and prevent burnout this holiday season. Join us on Wednesday, November 10, 2021, at 12:30 p.m., for *Family Caregivers: Self-care During the Holidays*. See *Calendar of Events* for details.



Preventing more than just COVID-19.

During the pandemic, many older adults have been hesitant to visit their health-care providers. Postponing preventive care appointments, however, can be risky.

Providers have developed reliable protocols to help keep you safe. Now is the time to stop putting off necessary preventive care and start putting your health first.

Medical care

Even during the COVID-19 pandemic, other illnesses haven't taken a break. Preventive care helps detect diseases and other medical problems before they can become more serious. Some examples of preventive health services include:

- **Annual check-up.** Visiting your doctor once a year is essential in catching health concerns early, before they become major medical problems.
- **Mammogram.** Routine x-rays of breast tissue to check for any signs of cancer or other abnormalities.
- **Colonoscopy.** An exam that is used to find problems in the colon or rectum, including colon cancer.
- **PSA blood test.** Screening for prostate cancer.
- **Pap test and/or HPV test.** Screening for cervical cancer.
- **Immunizations.** In addition to the COVID-19 vaccine, other important shots for older adults include the flu vaccine, the pneumococcal vaccine and the shingles vaccine.

Depending on your age, family history and other factors, you may also need additional preventive care.

And, of course, if you think you have a medical problem that's



urgent, don't postpone treatment. You may complicate your condition or make your recovery more difficult.

Dental care

If you haven't seen your dentist in a while, now is the time to make an appointment. Keeping up with dentist appointments is particularly important for older adults, as certain oral health issues are associated with aging teeth and gums.

There is also a connection between oral health and overall health: Some chronic diseases associated with age — such as diabetes, osteoporosis and heart disease — can manifest themselves in the mouth. Additionally, research suggests that gum disease may even contribute to certain

conditions prevalent in older adults, including heart disease, stroke and respiratory problems.

Vision care

Do not delay a visit to your eye care professional — especially if you are older. Some age-related eye conditions can irreparably damage your vision if not treated in a timely manner, including cataracts, age-related macular degeneration (ARMD) and glaucoma. Vision problems may develop with no noticeable symptoms until advanced stages, so it's important to make regular preventive appointments.

Sources: CDC; AARP; Bausch + Lomb; and Delta Dental

Huntington Hospital and all our care partners are here for you. We put your safety first by following strict screening and safety protocols. If you've been delaying getting the care you need, now is the time to make your health a priority. Visit www.huntingtonhospital.org/partners to learn more.

Especially for caregivers

Are you ready for outside help?

The COVID-19 pandemic has changed how many people see older loved ones — in more ways than one.

At the start of the pandemic, some older adults relocated to temporarily live with family. Others paused in-person visits to prevent the spread of the virus and have now started visiting together again.

Did living in close quarters make you aware that your parent or older loved one faces more physical challenges than you realized? Or have you noticed that his physical or mental state has declined since you last spent time together?

You may have thought about hiring an outside caregiver. But how do you know if it's time?

What to look out for

Consider whether your loved one has had concerning changes in behavior, such as:

- Forgetting to pay bills.
- Skipping showers or wearing the same clothes every day.
- Missing appointments.
- Frequent falls.
- New traffic tickets or car accidents.
- Lack of interest in once-beloved hobbies.
- Increased aggression or changes in mood.

Other changes may be more subtle, but you know your loved one best. Start a dialogue with him about your concerns. Talk with his physician. Some problems may be solved by switching medications or making simple lifestyle changes. Others may signify a need for more advanced caregiving.

Where to go from here

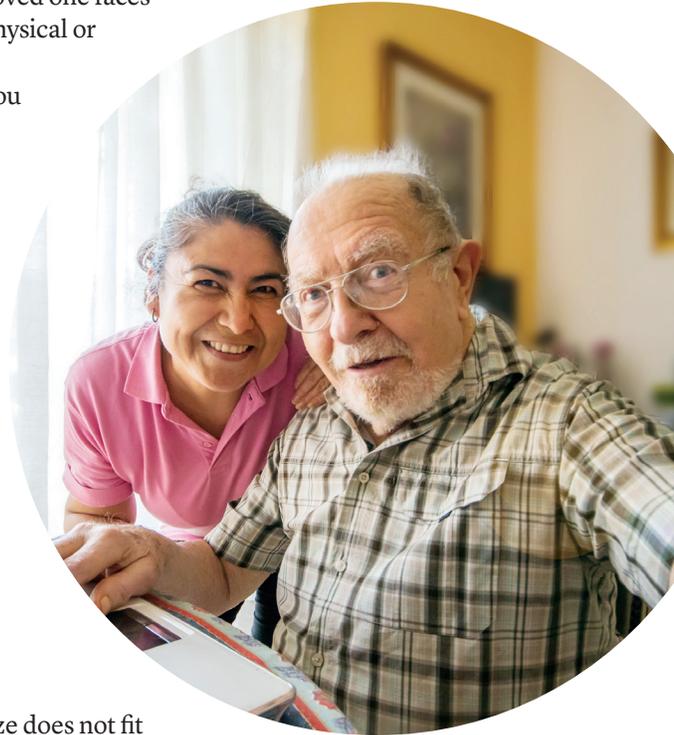
If your loved one is ready for outside help, it's important to note that one size does not fit all. Some may need more involved support than others. A few types of help to consider:

- A home care aide is typically employed by a licensed Home Care Organization and can help with tasks such as bathing and dressing, companionship, light housekeeping, meals and transportation. These aides provide non-medical services, so this option is best for older adults who need assistance with everyday tasks.
- An In-Home Supportive Services provider can perform the same kinds of tasks as a home care aide. Those who are low income may qualify for this type of assistance through a public program known as In-Home Supportive Services (IHSS).
- A home health aide is typically employed by a Home Health Agency and provides intermittent, skilled healthcare services. In addition to helping with personal care tasks like bathing and dressing, these professionals have training needed to monitor vitals, administer medications and perform other health-related duties.

Once you have determined the appropriate level of care, find out if anyone you know has a recommendation for a caregiver. You can also look for a licensed Home Care Organization that employs registered home care aides or talk with your loved one's doctor about whether he qualifies for services provided by a licensed Home Health Agency. You may also contact Huntington Senior Care Network's Resource Center to learn more about your options.

Try to involve your loved one in the process as much as possible. Getting outside help can feel daunting, but it's much easier if you do it together.

Source: AARP



Are you a family caregiver? Huntington Senior Care Network (SCN) is here to help. We offer professional assistance; referrals to additional, important resources; and support and educational groups specifically designed for family caregivers. For more information, call SCN at (626) 397-3110 or (800) 664-4664.



Ask the doctor

Q&A with Norman Chien, MD

Norman Chien, MD, is a board-certified geriatrician and a Huntington Hospital-affiliated physician.

Q. My mom takes so many pills every day. How do I know if she's taking too many?

A. Polypharmacy, or the concurrent use of five or more medications, is very common for older adults. It is estimated that nearly half of adults between the ages of 70 and 79 take at least five prescription drugs, and an additional 10 to 20 percent take 10 or more.

It can be tricky to keep everything straight if multiple doctors are prescribing different things for different conditions. Physicians may not be aware that a patient is already taking certain medications, resulting in unnecessary or duplicative prescriptions. This can be dangerous: The more pills a person takes, the more likely it is that there will be side effects or a bad interaction.

Help your mom get the care she needs while avoiding overmedication by taking these steps:

- Go through all of your mom's pills and ask her what each one is, why she takes it and how often she takes it. Include any supplements and over-the-counter pills.
- Talk to her about side effects. Ask about any negative

changes in her health, energy levels, cognition or behavior.

- If it's OK with your mom, go to a doctor's appointment with her. You can make sure her doctor understands what she's taking, what the side effects are and whether she should consider other options.

Q. I'm going to have a procedure that requires a short stay at Huntington Hospital. What information should I be sure I have before I'm discharged?

A. The hospital's physicians, nurses and staff have one main goal and that's to help you get better. This means making sure you're prepared for your procedure, providing the very best care possible and giving you everything you'll need when you return home.

Before you leave the hospital after an inpatient stay, your care team will provide you with information and resources to help make your transition to home as smooth as possible. So

that you're prepared to recover safely and comfortably, be sure you can answer the following questions, prior to discharge:

- What equipment or supplies will I need to get better?
- What services will I need to get better (home health, physical therapy, etc.)?
- What appointments should I make before I leave and how will I get to them?
- Will I need any tests after I leave?
- What symptoms should I watch out for? Who should I call if they occur?
- Will I be on any new medications? What side effects should I watch out for?
- Are there any restrictions or limitations on what I can do or eat?

If you leave the hospital knowing the answers to all these questions, you will be more prepared for what comes next. A little knowledge can go a long way to help you have the best possible recovery.

Sources: AARP; *The Washington Post*; and *American Family Physician*

This column is for information only. Please discuss any treatment options with your doctor.

On the younger side

Sleeping soundly.

If you've had trouble sleeping lately, you're not alone. The pandemic has caused many people to experience increased stress, anxiety and depression — conditions known to cause sleep problems. By disrupting our normal routines, the pandemic has also affected our circadian rhythms — natural 24-hour cycles that regulate essential bodily processes, including sleep. These issues can linger if they aren't addressed.

What is healthy sleep and why is it important?

Sleep consists of several stages: light sleep, deep sleep and rapid eye movement (REM) sleep. Healthy sleep involves:

- Getting seven to nine hours of sleep each night.
- Cycling through all sleep stages uninterrupted, multiple times a night.

Some signs you've been sleeping well include feeling refreshed in the morning, having lots of energy during the day, a good mood and feeling clear-headed.

On the other hand, if you're having trouble getting up in the morning, struggling to focus, experiencing anxiety or depression, and/or feeling sleepy during the day, an unhealthy sleep routine may be to blame.

Healthy sleep is essential to your health. In addition to improving learning, memory and mood, it also strengthens your immune system and encourages healthy dietary habits. By the same token, unhealthy sleep can be dangerous and may even increase your risk of dementia.

Certain sleep disturbances may continue as you age, including not sleeping as long at night, waking up more frequently and achieving less deep sleep. Most of these changes seem to occur before age 60, so now is the time to start establishing better sleep habits.

Tips for better sleep

To help develop healthier sleep patterns, try to:

- Go to bed at around the same time every night and avoid long naps during the day.
- Get sunlight daily. Even if you can't get outside, open the curtains and let in the light in the morning.
- Keep your bedroom dark, quiet and cool at night.
- Maintain a healthy diet. Limit alcohol and caffeine intake.
- Separate your work and sleep spaces. Try to make your bedroom a dedicated sleep space.
- Shut off electronics one hour before bed.
- Exercise daily. Avoid working out within an hour of going to bed.
- Try to limit stress at night.

If you still have trouble getting to sleep or staying asleep, talk to your physician. She may recommend other options, such as medication or cognitive behavioral therapy.



Sources: National Institutes of Health; National Sleep Foundation; and UC Davis Health

We speak your language. We are committed to providing you with compassionate care regardless of the language you speak. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (626) 397-5211. 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 (626) 397-5211。



Look for the cube.

Finding trusted Huntington care is easy.

Just look for the cube. It's a symbol that stands for our commitment to your good health. Whether at our hospital, ambulatory surgery center, cancer center, your doctor's office or throughout our community, we're here to safely care for your physical, mental and social well-being. Visit www.huntingtonhospital.org/partners to find the care you need.



50+ members receive informative publications, including event calendars, from Huntington Senior Care Network throughout the year. If you received this newsletter and are not yet a 50+ member, you can sign up for free by visiting www.huntingtonhospital.org/newsletters. Simply enter your information and check the 50+ HealthConnection box. If you prefer, you can leave a message on our membership line at (626) 397-3147 or (800) 664-4664 and a member of our staff will be in touch to sign you up by phone. In addition to sending our future publications, we'll also provide you with a membership card so you can begin enjoying all the benefits of our 50+ program.

Since 1984, Huntington Senior Care Network has worked to positively impact the health and well-being of older adults, adults with disabilities and their families throughout our community. Reaching thousands of individuals each year, we educate on aging; link to in-home and community services; and increase the skills of caregivers, service providers and others. Our models of eldercare have earned us a national reputation for excellence and innovation.

Eileen Koons, MSW
Director

Kristen Tachiki, LCSW
50+ HealthConnection
Program Coordinator

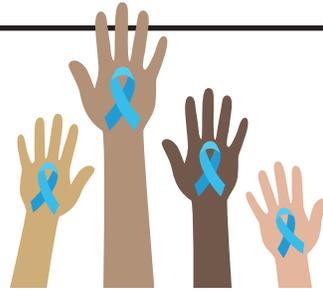


**FRIDAYS, SEPTEMBER 17
through NOVEMBER 5**

Alzheimer's Los Angeles Memory Club at Huntington Hospital.

10 a.m. - 12 p.m. via online platform

An eight-session program for individuals diagnosed with early-stage dementia and their care partners, Memory Club provides valuable information and resources to help cope with memory loss. Huntington Senior Care Network staff — accompanied by respected guest speakers — will lead virtual program sessions. The small group size facilitates meaningful discussion in a supportive environment. A pre-screening interview is required. Please call Kristen Tachiki, LCSW, at (626) 397-8145 to schedule. Cost: Free.



WEDNESDAY, SEPTEMBER 15

Prostate cancer awareness.

In recognition of Prostate Cancer Awareness Month, urologist **Ramin Khalili, MD**, will share information on prostate cancer prevention and treatment options.

WEDNESDAY, SEPTEMBER 29

Fall prevention strategies.

Join us as physical therapist **Julia Masulis** discusses falls and what you can do to prevent them.

WEDNESDAY, OCTOBER 6

Silent breast cancer: Understanding your risk and detection options.

October is Breast Cancer Awareness Month. We invite you to a special presentation by **Amy Polverini, MD**, medical director of breast surgery at Huntington Hospital, and breast radiologist **Lakshmi Tegulapalle, DO**, about risk factors and current diagnostic methods.

WEDNESDAY, OCTOBER 13

Breast cancer treatment options.

During Breast Cancer Awareness Month, **Ruth Williamson, MD**, medical director of breast cancer services and radiation oncology at Huntington Hospital, and breast surgeon **Jeannie Shen, MD**, will talk about new and exciting breast cancer treatment options.

WEDNESDAY, OCTOBER 20

Impact of exercise.

Physical therapist **Jordan Perry** will provide an overview of the health benefits of exercise for older adults, including tips for adjusting your workout as you get older.

WEDNESDAY, NOVEMBER 10

Family caregivers: Self-care during the holidays.

In honor of National Family Caregivers Month, Huntington Senior Care Network staff will provide tips for family caregivers on how to practice self-care during the holidays and how to recognize burnout.



WEDNESDAY, NOVEMBER 17

Preventing and managing diabetes.

During Diabetes Awareness Month, registered dietitian **Crystal Kwan, MPH, CDCES**, will discuss nutritional strategies that can help you prevent and manage type 2 diabetes.



WEDNESDAY, DECEMBER 8

Preventing the flu.

Katie Jones, MPH, CIC, manager of infection prevention and control at Huntington Hospital, will talk about the 2021-22 flu season, and what you can do to stay healthy.

Tele-Noon Hour



Tele-Noon Hour provides information you can use to pursue good health and age well, while remaining safe at home.

Call-in lectures will begin at 12:30 p.m. on the dates listed. Each will last about an hour and will include time for questions. Participation is free.

For all lectures, reservations are required at least one day in advance.

To make a reservation, please complete the registration form on our website at www.huntingtonhospital.org/telenoon or call our membership line at (626) 397-3147.

On event day, please join the call no later than 12:25 p.m.

Step 1. Call (323) 794-2410 (local) or (800) 753-0786 (toll free).

Step 2. Enter passcode 622909 when prompted.

Visit www.huntingtonhospital.org/telenoon to listen to past events.





Huntington
Senior Care Network

Helpful resources.

Around the campus

Welcome to the heart of patient care.



Azhil (Alex) Durairaj, MD, medical director of cardiovascular services, is pictured in our new Heart & Vascular Center, which opened this summer.

As part of our constant effort to speed and strengthen care for heart patients, we recently opened our new Helen and Will Webster Heart & Vascular Center. From research and diagnosis to treatment and recovery, the center's comprehensive range of cardiovascular services — along with the latest medical technologies — are all brought together under one roof.

Located directly above our Nan and Howard Schow Emergency & Trauma Center, the new center is reducing time to treatment for cardiac patients. It is also allowing us to increase the number of patients we treat by 30 percent — further healing hearts and saving lives.

If you need expert cardiac care, follow your heart to Huntington Hospital. We look forward to welcoming you.

Visit www.huntingtonhospital.org/heartcenter to learn more.

Huntington Collection

Look for great buys at the hospital's resale shop, located at 766 S. Fair Oaks Avenue in Pasadena. Donations are welcome (and tax deductible). Purchases help fund Huntington Senior Care Network's important work. Huntington Collection is currently open Monday through Thursday from 10 a.m. to 3 p.m. Call (626) 535-2468 or visit www.huntingtoncollection.org to learn more.



Huntington Hospital's Calendar of Events

Visit www.huntingtonhospital.org/events to view classes and events offered by Huntington Hospital, including virtual support groups and informative webinars about Medicare coverage options. You may also call SCN's membership line at (626) 397-3147 or (800) 664-4664 for assistance.

ONLINE MEDICARE 101 WEBINARS



Huntington Senior Care Network Resource Center

If you're caring for an older adult or an adult with a disability, need information on community resources for seniors, or have questions about aging, the professionals in our Resource Center can help. Call (626) 397-3110 or (800) 664-4664 (option 1) to learn more.

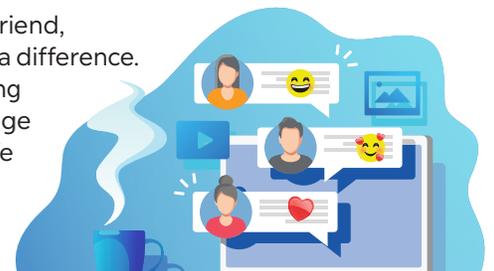


Senior CareLine

Are you looking to connect and laugh with someone new? Senior CareLine is a free service that will match you with a friendly volunteer to chat with by phone from time to time. To get connected to this service, call the membership line at (626) 397-3147 or (800) 664-4664.

Support groups for caregivers

When caring for an aging relative or close friend, participating in a support group can make a difference. Online support groups are available, offering opportunities to share feelings and exchange information and ideas while you remain safe in your home. Call the Resource Center at (626) 397-3110 (option 1) for a referral.



Visit us at www.huntingtonhospital.org/SCN to learn more about Huntington Senior Care Network.